

Pick a **better snack**[™] (how easy is that?)

Slice. Eat.



Bell Pepper Nachos

- 3 bell peppers (green, red or yellow), seeded and cut into 6 strips each
- 1 cup salsa
- 2 tablespoons ripe olives, sliced
- 4 tablespoons mozzarella cheese, shredded

Cut bell pepper strips in half crosswise. Place on ungreased broiler-proof baking dish. Top with salsa, olives, and cheese. Broil in oven 3 to 4 inches from heat for 3 minutes or until cheese melts. Serves 6.

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Bell Pepper



Wash. Slice. Eat. How easy is that?

- Cut peppers into slices and store in a plastic bag in the refrigerator.
- Slice peppers and put on a sandwich with turkey, lettuce, and mustard.
- Put pepper strips on a tortilla. Top with cheese and melt in microwave or oven. Serve with salsa.

Buying tips: Choose firm, smooth peppers that have good color and shape. The skin should not have soft spots or wrinkled skin.

Special tip: Remove stem and seeds. Wash well in cold water.

Storing tips: Store in the refrigerator and use within 3-5 days.

Serving size: ½ cup of pepper slices

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